

CLAIMS

1. A housing for a portable interactive device, said housing comprising:

a fixed-arm clip formed coupled to a back of said housing, wherein said fixed-arm clip acts as a stand for said portable interactive device, allows said portable interactive device to be held in one hand by a user, and allows said portable interface device to be attached to another article; and

a user interface formed into said housing, said user interface providing controls for said portable interactive device, said user interface arranged such that said user may operate said controls with said one hand while holding said portable interactive device with said one hand.

2. A housing as recited in claim 1, wherein said fixed-arm clip includes a rubber cover providing a secure grip.

3. A housing as recited in claim 1, wherein said fixed-arm clip is arranged such that said portable interactive device is suitable for hanging from said one hand.

4. A housing as recited in claim 3, wherein said one hand fits between said fixed-arm clip and said back of said housing.

5. A housing as recited in claim 1, wherein said fixed-arm clip may strap onto a belt of said user.

6. A housing as recited in claim 1, wherein said housing is operable to mount into a docking station.

7. A housing as recited in claim 1, wherein said user interface includes a plurality of buttons.

8. A housing as recited in claim 7, wherein at least one of said plurality of buttons has a profile substantially flush with a surface of said housing.

9. A housing as recited in claim 7, wherein at least one of said plurality of buttons is a toggle switch extending out from a surface of said housing.

10. A portable interactive device enabling a user to perform a mobile activity, said device comprising:

a housing configured to be transported by said user, said housing including:

a fixed-arm clip formed on a back of said housing, wherein said fixed-arm clip acts as a stand for said portable interactive device, allows said portable interactive device to be held in one hand by a user, and allows said portable interface device to be attached to another article; and

a user interface formed into said housing, said user interface providing controls for said portable interactive device, said user interface arranged such that said user may operate said controls with said one hand while holding said portable interactive device with said one hand;

a display for displaying information to said user;

a memory for storing data relating to said mobile activity; and

a processor in communication with said display, said user interface, and said memory, said processor operable to control said display and to control said storage and retrieval of data from said memory.

11. A portable interactive device as recited in claim 10, wherein said one hand fits between said clip and said back of said housing.

12. A portable interactive device as recited in claim 10, wherein said fixed-arm clip may strap on to a belt of said user.

13. A portable interactive device as recited in claim 10, wherein said housing is operable to mount into a docking station.

14. A portable interactive device as recited in claim 13, wherein said user may access an external computer while said device is in said docking station.

15. A portable interactive device as recited in claim 14, wherein said user may access the Internet while said device is in said docking station.

16. A portable interactive device as recited in claim 10, wherein said mobile activity is a physical fitness activity.

17. A portable interactive device as recited in claim 16, wherein a heart rate monitor is connected to said device.

18. A portable interactive device for selecting and monitoring activity data for a user, said device comprising:

a housing configured to be carried by said user;

a display for displaying information to said user;

an interface operable by said user to control said device; and

an adjustable clip mounted on said housing of said device; wherein said adjustable clip has at least four positions relative to said device.

19. A portable interactive device as recited in claim 18, wherein each of said four positions of said adjustable clip aid said user in interacting with said device.

20. A portable interactive device as recited in claim 18, wherein said first position of said adjustable clip is used to strap said device on to a belt of said user.

21. A portable interactive device as recited in claim 20, wherein said second position of said adjustable clip is used to secure a user's hand between said adjustable clip and said housing of said device.

22. A portable interactive device as recited in claim 21, wherein said third position of said adjustable clip is used to fit said device into a docking station.

23. A portable interactive device as recited in claim 22, wherein said fourth position of said adjustable clip is used as a stand for said device.

24. A portable interactive device, said device comprising:

- a housing configured to be transported by a user;
- a display for displaying information to said user;
- an interface operable by said user to select and input data; and
- a clip mounted on said housing, wherein said clip acts as a stand for said device and wherein said clip acts to aid said user in holding said device.

25. A portable interactive device as recited in claim 24, wherein said user's hand fits between said clip and said housing.

26. A portable interactive device as recited in claim 24, wherein said user may view said information on said display of said device when said clip acts as a stand for said device.

27. A portable interactive device as recited in claim 24, wherein said clip may attach to an article on said user in order to be carried by said user.

28. A portable interactive device as recited in claim 24, wherein said clip is in a fixed position.

29. A portable interactive device as recited in claim 24, further comprising a memory for storing data relating to programs, workouts, exercises and user inputted data.

30. A portable interactive device as recited in claim 29, further comprising a processor in communication with said display, said interface, and said memory operable to control said display and to control said storage and retrieval of data from said memory.

31. A portable interactive device as recited in claim 24, wherein said device interface includes an enter button, an up/down button, a menu button and a back button.

32. A portable interactive device as recited in claim 30, wherein said device displays physical fitness information.